



2025 Fall Schedule, Oct 1 – Dec 31

	MON	TUES	WED	THURS	FRI	SAT	SUN
630AM	Free Meditation	Hot Flow*	Ashtanga*	Fusion*	Fusion*		
			Free Meditation		Free Meditation		
700AM							Hot Hatha**
							Flow***
730AM						Flow*	
800AM	Free Meditation	Free Meditation	Free Meditation	Free Meditation	Free Meditation	Free Meditation	Free Meditation
8:30AM		Functional Yoga***					
9AM	Hot Hatha**	Sculpt Yoga*	Hot Hatha**	Fusion*	Hot Hatha**	Hot Hatha**	Hot Hatha**
	Flow*		Flow*		Flow*	Flow**	Flow**
						Open Sauna	Pre/Postnatal*
10AM						Open Sauna	
1030AM		Gentle w/ Meditation**	Gentle Yin**	Gentle**		Gentle**	Gentle w/ Nidra**
		Elemental Yoga**				Open Sauna	
11AM						Sculpt Yoga*	
						Open Sauna	
NOON	Fusion*	Hot Hatha*	Fusion*	Hot Hatha*	Fusion*	Fusion*	Fusion*
	Therapeutic Spine**	Gravity**		Therapeutic Spine**			Elemental Yoga**
12:30PM			Free Meditation				Yoga Nidra*
1:30PM							
400PM	Hot Hatha*		Hot Hatha*	Sculpt Lite*80°	Silent Hot**	Elemental Yoga**	Gentle Yin w/Nidra***
	Open Sauna						
	Therapeutic Gentle **		Kids Yoga*		Gentle*		Yoga Tools for Recovery**
5PM	Open Sauna						
530PM	Flow Fire 90°**	Hot Hatha**	Sculpt Yoga*	Hot Hatha**	Community Flow*		
	Hot Hatha**	Flow*	Gravity**	Align+Flow**	Sculpt Yoga*		
	Open Sauna	Free Meditation	Free Meditation	Free Meditation			
600PM	Open Sauna	Restorative w/ MFR***	Yin Flow w/ Nidra***	Restorative w/ Nidra**	Gravity**		Hot Hatha**
700PM	Open Sauna	Slow Flow**	Gravity**	Elemental Yoga**	Therapeutic Yin+Nidra***		
715PM	Sweat+Chill**		Hot Hatha**	Fusion*	Hot Hatha**		

Unheated 85° 95-105° Forest Room/ Buddha Hall Orientation Video + Waiver Required *60 Min ** 75 Min ***90 Min